



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Cyll, Susanne

Club: TuS Griesheim

Number: 371

Course: 10.00 km

Volkslauf

Category:

Frauen W45

Total time: 55:26

Speed: 10.82 km/h

Running performance: 5:32 min/km

Rank in course/Total: 53 (of 175)

Rank in course/Women: 6 (of 65)

Best time in course: 49:07

Rank in category: 1(of 13)

Best time in the category: 55:26